

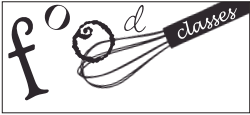
nov 7 2019–jan 17 2020

published nov 7 2019 in the Linewaiters' Gazette

revised every two weeks

nov 7
thu 7:30 pm

Food Class: Napa Kimchi 101



Kimchi is a delicious condiment and powerful health-supportive food. In the last decade, science is recognizing the importance of ferments for optimal digestive health. This class is for beginning ferment enthusiasts. You will learn step-by-step instruction on how to make a classic napa cabbage kimchi. Traditional and vegan options will be discussed. **Sung Uni Lee** is a Korean-American who grew up with the honor of taste-testing large batches of kimchi. A culinary instructor, she has two decades experience in teaching and empowering people with her passionate knowledge of food and culture. She is one of the administrators of the monthly Park Slope Food Class series. *Menu includes: Salting Cabbage; Traditional & Vegan Kimchi Filling; Steamed Tofu with Salted Cabbage Wrap. This class is gluten- and dairy-free, with vegan options.*

ASL interpreter available upon request, please contact the Membership Office. Materials fee: \$5. First come, first seated. To inquire about leading a Food Class, go to bit.ly/CCCChf1.

nov 15
fri 8 pm

Swing Band



Come out for a night of big-band swing-dance music, fun for singles, couples or the whole family! Join saxophonist **Lisa Parrott** and drummer **Rob**



Garcia as they lead a swing band of world-class jazz musicians. There will also be professional swing dance instructors giving a group lesson of some basic steps. It's going to be a great night of music, dance, snacks and good vibes to benefit to Park Slope Food Coop.

Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.), \$10, doors open at 7:45. Prospect Concerts is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture.

Bookings: Bev Grant, bevgrant1@aol.com.

dec 3
tue 7 pm

PSFC Year-End General Meeting



Items will be taken up in the order given. Times in parentheses are suggestions. More information on each item may be available on the entrance table at the meeting. We ask members to please read the materials available

between 7 and 7:15 p.m.

Meeting location: John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

I. Member Arrival and Meeting Warm-Up

II. Open Forum

III. Coordinator and Committee Reports

IV. Meeting Agenda

Item 1: Election of Hearing Officer Committee Member (10 minutes)

Election: The committee will present one candidate for the committee. Hearing Officers work on an FTOP basis when needed and serve three-year terms.

—submitted by the Hearing Officer Committee

Item 2: Amendments to the Park Slope Food Coop Pension Plan & Trust (10 minutes)

Proposal: To amend the Park Slope Food Coop Pension Plan & Trust as follows:

1. Change the pension plan year for all participants to Jan 1 - Dec 31, for parity with our 401k plan;
2. Entry into the pension plan occurs the first day of the month after eligibility is established.
3. Automatic/forced lump sum and/or rollover distribution when employees leave the company with a present value less than \$5K (for parity with 401k plan). Any participant with a balance of less than \$5K must take either a lump sum or rollover their balance to a qualified retirement account regardless of when they ended their employment.
4. Change wording to ensure beneficiaries receive lump sum payment and/or rollovers immediately; i.e., remove any wording that restricts distribution until the normal retirement age of the beneficiary.

—submitted by Pension Plan Administrator Lisa Moore & Pension Trustee Joe Holtz

Item 3: Amendment to the 401K plan to allow for earlier entry into the plan (10 minutes)

Proposal: To amend the 401K plan to allow employees to join the plan 30 days after the date employment rather than the current required wait of 1000 hours of employment.

—submitted by Lisa Moore and Joe Holtz, Trustees of the Park Slope Food Coop Inc 401(K) Plan and Trust

Item 4: Food Delivery Pilot (45 minutes)

Discussion: Should the Coop implement a 3-month pilot program in January delivering food to people with physical disabilities?

—submitted by the Home Delivery Study Committee

V. Board of Directors Meeting

VI. Wrap-Up. Includes member sign-in for workslot credit.

For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office.

dec 3
tue 7 pm

Safe Food Committee Film Night: A Prayer for Compassion



This month's event takes place a week earlier than usual, due to limited space in our movie room. A Prayer for Compassion follows Thomas Jackson on a quest across America to ask, "Can people who identify as religious or spiritual come to embrace the call to include all human

and nonhuman beings in our circle of respect and caring and love?" Drawing on Christianity—evangelical, Roman Catholic, Eastern Orthodox, Friends (Quakers), Seventh Day Adventism, Unity; Judaism; Islam; Hinduism; Buddhism; Jainism; Native American tradition; Unitarian Universalism; Zoroastrianism; and the "spiritual but not religious" point of view—the film calls on spiritual people of faith of every stripe to come together to bring about a different world.

See upcoming events, past reviews and a comprehensive list of films shown at www.plowtoplatefilms.com which can now also be reached via a link on the Park Slope Food Coop's home page at www.foodcoop.com.

dec 5
thu 7:30 pm

Food Class



Food Class to be announced.

To inquire about leading a Food Class, go to bit.ly/CCCChf1.

dec 6
fri 7 pm

Film Night



Film to be announced.

To book a Film Night, contact Gabriel Rhodes, gabrielrhodes@me.com.

dec 7
sat 2 pm

Holiday Card-Making Party



Bring family and friends of all ages to a Holiday Card-Making Party in the Coop's Meeting Room. We'll supply glue, markers, and paper and some fun art-making tips. Bring any other special art materials you would like to use. Hot cocoa and chocolatey treats will be available to purchase.

dec 20
fri 8 pm

David Roche; Marta Sanchez



David Roche is a singer/songwriter from a family of singers and musicians, poets and songwriters. It's something he's been doing since he was a little kid. Now, his third

studio album of original songs, *Griefcase*, is enjoying air-play around the world. Roche plays guitar and will be joined by David Kumin on bass and George Vahamonde on drums. He's gratefully retiring in good standing from the Coop after this gig. Pianist **Marta Sanchez** will present the music of her new album *El Rayo de Luz* (2019, Fresh Sound). Her unique vision for her quintet—celebrated by *The New York Times* (10 best albums of 2015), NPR's *Fresh Air*, *DownBeat Magazine* and many others—is further developed and explored in her new music on *El Rayo de Luz*. Marta's highly evocative music is textural, visual, and constantly surprising with invention and wit.

Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.), \$10, doors open at 7:45. Prospect Concerts is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture.

Bookings: Bev Grant, bevgrant1@aol.com.



Still more Park Slope Food Coop events —>

For more information on these and other events, visit the Coop's website: foodcoop.com

All events take place at the Park Slope Food Coop unless otherwise noted. Nonmembers are welcome to attend workshops.

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

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also published in the current Linewaiters' Gazette

continued from inside page

jan 3
fri 7 pm

Film Night



Film to be announced.
To book a Film Night, contact Gabriel Rhodes,
gabrielrhodes@me.com.

jan 14
tue 7 pm

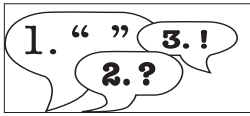
Safe Food Committee Film Night



Film to be announced.
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jan 7
tue 7:30 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for future General Meetings. Members may submit in person their agenda item between 7:30 and 7:45 p.m. Before submitting an item, read “How to Develop an Agenda Item for the General Meeting” and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at foodcoop.com.
The January General Meeting will be held on Tuesday, January 28, 7 p.m., at a location to be determined.

jan 17
fri 8 pm

Prospect Concert



Performer to be announced.
Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.), \$10, doors open at 7:45. *Prospect Concerts* is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture.
Bookings: Bev Grant, bevgrant1@aol.com.

jan 10
fri 7 pm

Wordsprouts



Authors to be announced.
Bookings: Sarah Schenck, wordsproutspsf@gmail.com.

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Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

park slope
FOOD COOP

foodcoop.com

782 Union St., Brooklyn, NY 11215 • 718-622-0560

calendar of
events

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